

Healthier choices at Pizza Hut



Instead of this

Amount per meal 2 slices	
Calories	800
Total Fat	44g
Saturated Fat	18g
Trans Fat	1g
Cholesterol	110mg
Sodium	2100mg
Total Carbohydrate	68g
Dietary Fiber	4g
Sugars	4g
Protein	36g

This meal is over the recommended saturated fat amount for a day.



This meal option is higher in sodium which raises the risk for Hypertension.



Meal One:

Two Slices of Meat Lover's 14" Hand-Tossed Pizza (Large)

Choose this healthier option

Amount per meal 2 slices	
Calories	320
Total Fat	9g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	30mg
Sodium	1160mg
Total Carbohydrate	46g
Dietary Fiber	2g
Sugars	8g
Protein	16g

This meal option is about the same amount of Carbohydrates but has fewer in Calories, Fat, & Sodium.



This meal option is lower in Total Fat which is important to maintain a healthy eating lifestyle.



Meal Two:

Two Slices of 14" Fit 'N Delicious (Large)-Veggie Lover's hand tossed

Calories Saved: 280
Fat Saved: 28g
Sodium Saved: 1020mg